October 2022						
This senior center is a partnership funded by the City of Alexandria Department of Community and Human Services Division of Aging and Adult Services.						
	Tuesday	Wednesday	Thursday	Friday		
3	4	5	6	7		
9:30 Zumba Gold with	9:30 Exercise	9:30 Exercise	9:30 Exercise	Center Closed for CCDA All		
Patricia	10:00 ESL with Thea	10:00-11:30 Pool/Billiards	10:00-11:30 Pool/Billiards	Staff		
10:00-11:30 Pool/Billiards	10:00-11:30 Pool/Billiards	10:00 Matching Game	10:00 Sewing Club	Sony		
10:00 Shopping Trip	10:30 Health Screening	11:00 Phase 10 Card Game	10:00 Fall Decorating	CLOSED		
10:30 Fall Hangman	with CUA Nurses	12:30 Raffle!	11:00 Beginner ESL with			
12:45 10 Cent Bingo	11:00 ESL with Nancy	12:45 Bowling	Dominic	$\checkmark$		
1	11:00 SAIL Exercise at	لله الح	12:45 Prize Bingo 💊			
	PHRC 11:00 ESL with Nancy 12:45 Shuffleboard					
10		12	13	14		
Center Closed for	9:30 Exercise 👋 🏹 🖓	<b>Center Closed for Field</b>	9:30 Exercise	9:30 Trivia!		
Indigenous People's	10:00-11:30 Pool/Billiards	Trip	10:00-11:30 Pool/Billiards	9:30 Scrabble		
Day/Columbus Day	10:00 ESL with Thea	National Museum of	10:00 Crafty Crew	10:00-11:30 Pool/Billiards		
	10:30 Health Screening	American History - Molina	11:00 Beginner ESL with	10:15 Line Dancing		
Sovry WE'RE	with CUA Nurses	Family Latino Gallery	Dominic	10:00 Go Fish Card Games		
CLOSED	10:30 Apples to Apples	Cantly	11:00 SAIL Exercise at	11:00 Spanish Class		
	11:00 SAIL Exercise at		PHRC	12:45 Prize Bingo		
AND	PHRC	CLOSE	12:30 Raffle! 🛼	4		
	11:00 ESL with Nancy		12:45 Tennis Putt 🛛 🖊 🛌			
	12:45 Senior Treasure		T >			
·Duy DATA	Corner					
	12:45 Prize Bingo					

October 2022							
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Services.							
Monday	Tuesday	Wednesday	Thursday	Friday			
17	18	19	20	21			
9:30 Zumba Gold with Patricia	9:30 Exercise	9:30 Exercise	9:30 Exercise	9:30 Trivia!			
10:00-11:30 Pool/Billiards	10:00-11:30 Pool/Billiards	10:00-11:30 Pool/Billiards	10:00-11:30 Pool/Billiards	9:30 Scrabble			
10:00 Shopping Trip	10:00 ESL with Thea	11:00 Birthday Party with DJ	10:00 Sewing Club	10:15 Line Dancing			
11:00 Food and Fun with	10:30 Health Screening with	Robby G	11:00 Beginner ESL with	10:00-11:30 Pool/Billiards			
Philippe	CUA Nurses	11:00 Game Roon 🛛 🐧	Dominic	11:00 Rice Bowl Trivia – Art			
10:30 Spot the Difference	11:00 SAIL Exercise at PHRC	12:30 Raffle!	11:00 SAIL Exercise at PHRC	edition			
12:45 10 Cent Bingo	11:00 ESL with Nancy	12:45 Cup Pong	12:45 Corner Hole	12:45 Prize Bingo 💛 🛓 🔍 🐥			
	12:45 Basket Toss 🗸 👌						
24	25	26	27	28			
9:30 Zumba Gold with Patricia	9:30 Exercise	Center Closed	9:30 Exercise	9:30 Trivia!			
10:00-11:30 Pool/Billiards	10:00 ESL with Thea 🍈 🐥 🗧	Picnic at Cox Farms Farmers	10:00-11:30 Pool/Billiards	9:30 Scrabble			
10:00 Shopping Trip	10:00-11:30 Pool/Billiards	Market	10:00 Crafty Crew	10:15 Line Dancing			
10:00 Draw Along Craft	10:30 Health Screening with	Sorry WE'RE	11:00 Beginner ESL with	10:00-11:30 Pool/Billiards			
11:00 Mario Kart!	CUA Nurses	CLOCED WERE	Dominic	10:00 Uno Card Game			
12:45 10 Cent Bingo 🛛 🔒	11:00 SAIL Exercise at PHRC	CLOSED -	11:00 SAIL Exercise at PHRC	11:00 Spanish Class 1			
	11:00 ESL with Nancy		12:30 Raffle! 🏳 🦊	12:45 Prize Bingo			
	12:45 Senior Treasure Corner	Without and a straight	12:45 Skeeball				
	12:45 Who Wants to be a	Dicnic					
	Millionaire	FICIAL					
31 – Halloween! Feel free to	October is Nation	al Emotional Well	ness Annle Book	Cookie and Go			
come dressed up in costume!!	October is National Emotional Wellness, Apple, Book, Cookie, and Go						
9:30 Zumba Gold with Patricia	on a Field Trip Month!						
10:00-11:30 Pool/Billiards							
10:00 Shopping Trip	Check calendar for new games and activities for the month. Is there a game or activity you would like to add and play? Please let						
11:00 This or That Game	· Champing tring are an Mandaus. Diagon size we at the front deals Mandau morning						
12:45 10 Cent Bingo Shopping trips are on Mondays. Please sign up at the front desk Monday morning **Activities are subject to change**							
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